

# ***Shopping List***

## **Fresh Vegetables**

(some vegetables can be bought frozen in winter)

Onions	Green peppers	Red peppers
Celery	Mushrooms	Potatoes
Lettuce	Cucumbers	Carrots
Tomatoes (regular and/or cherry)		Broccoli
Green beans	Squash	Zucchini
Sweet potatoes	Cauliflower	Cabbage
Celery	Other _____	-

## **Fruit**

Bananas	Berries (if in season)	Apples
Raisins	Pears	Oranges
Peaches	Other _____	

## **Frozen Foods**

Mixed vegetables	Berries (if out of season)	Peas	Corn
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## **Canned Foods**

Kidney beans	Tomatoes	Peaches
Applesauce	Tunafish	Fruit spread
Black beans	Fat-free refried beans	low-sodium chicken broth
Fruit Cocktail	Soup	

## **Meats/Fish**

Lean ground beef and/or turkey	Chicken breast
Boneless, skinless chicken thighs	Fish (fresh or frozen)

## **Grains and Cereals**

Flour	Whole wheat flour	Cornflakes
Trans fat free crackers	Pasta (macaroni, spaghetti)	Whole wheat bread
Granola	Oatmeal	Whole grain cereal
English muffins	Whole wheat tortillas	Whole wheat buns
Brown or wild rice		

## **Beverages**

100% juice	Sparkling water	Tea
Coffee		

## **Dairy and Eggs**

Eggs	Skim or 1% milk	Cheese
Margarine (trans fat free)	Low-fat yogurt	Egg beaters
Low fat cottage cheese		

## **Herbs**

Garlic powder	Oregano
Cumin	Onion powder
Paprika	Black pepper
Basil	Italian herb seasoning
Chili powder	Thyme
Salt	Bay leaves

## **Condiments**

Mustard	100% fruit spread
Catsup	Hot sauce
Maple syrup	Peanut butter
Low-fat or non-fat salad dressing	Lite or non-fat mayonnaise

## **Miscellaneous Items**

Nonstick vegetable cooking spray	Baking powder
Canola oil	Olive oil
Cooking wine	Sugar
Bread crumbs	
Other	